

# Using the Tree Meditation to Re-align with the Cosmic Energies

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## Start by using The Liquid Light Relaxation Script

First sit down on the ground or in a chair, or in any position that allows you to feel comfortable. Place your right hand above the left hand in a cupped position, palms facing upwards, with your hands resting on your lap. This classic hand pose is called the 'Dhyana mudra'. Alternatively, you can place your fingers in the centre of your palm, or you can choose any hand posture or mudra of your choice.

Now, close your eyes and focus on your breath. Breathe in and breathe out. Visualise your body as hollow. Imagine that liquid white light is entering the soles of your feet. As the level of the liquid light rises up from the soles of your feet to your ankles, both your feet are now filled with light, and all the muscles in your feet are completely relaxed.

Visualise the liquid white light rising up from your ankles into your calves, so that both your calves are now filled with light, and all the muscles in your calves are completely relaxed.

Visualise the light now entering your knees and thighs, so that both your knees and thighs are now filled with light and all the muscles in your knees and thighs are completely relaxed.

Visualise the light now entering your bottom, groin and waist; so that your bottom, groin and waist are now filled with light, and all the muscles in your bottom, groin and waist are completely relaxed.

Visualise the light now entering your belly, so that your belly is now filled with light, and all the muscles in your belly are completely relaxed.

Visualise the light now entering the whole of your back, so that the whole of your back is now filled with light, and all the muscles in your back are completely relaxed.

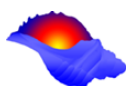
Visualise the light now entering your chest, so that your chest is now filled with light, and all the muscles in your chest are completely relaxed.

Visualise the light now entering both your shoulders, so that both your shoulders are now filled with light and all the muscles in your shoulders are completely relaxed.

Visualise the light now entering your arms, so that both your arms are now filled with light and all the muscles in your arms are completely relaxed.

Visualise the light now entering both your hands, so that both your hands are now filled with light and all the muscles in your hands are completely relaxed.

Visualise the light now entering your neck and throat, so that your neck and throat are now filled with light and all the muscles in your neck and throat are completely relaxed.



Visualise the light now entering your jaws, cheeks and mouth; so that your jaws, cheeks and mouth are now filled with light, and all the muscles in your jaws, cheeks and mouth are completely relaxed.

Visualise the light now entering your eyes, forehead, and scalp, so that your eyes, forehead, and scalp are now filled with light.

Your whole body is filled with light, and your body is completely relaxed. As you become more and more relaxed, find yourself going deeper and deeper within yourself. Floating very gently, just like a feather, to the very centre or core of your being. When you reach the very centre of your being, imagine a vast space around you, and in this vast space, you will find the Tree, which is the symbol of the Higher-Self.....

## The Tree Integration Technique

*After completing the Liquid Light Relaxation...*

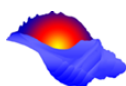
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The Tree has many different coloured ribbons, flowing down from the branches to the ground. Pick any one of the coloured ribbons that catch your eye, reach out, take it in your hands and give it a gentle tug. When you tug on the ribbon, feel the resistance coming from the branch of the Tree, where it is attached. When you feel this resistance, know that you are connected to the Higher-Self.

Visualise yourself going up to the Tree and stand or sit with your back against its trunk, knowing it will support you. Identify with the Tree. Visualise your energy field and the energy field of the Tree, merging together to becoming one. Feel yourself become one with the Tree. Imagine that you are sending your roots down, deep into Mother Earth, like the Tree does, to bring up the nourishment you need from the Cosmic Mother. Inhale whatever you need, such as love, affection, acceptance, compassion and acknowledgement or anything else you think you lack, and breathe out any negative emotions which you are willing to release. Now continue breathing in all the energies and breathing out whatever you are ready to release. Focus on your breath and keep breathing in all the nourishing energies and breathing out whatever you are ready to release.



Reach up as the Tree does with its branches and leaves towards the sun, the Cosmic Father, and breathe in whatever is being given to you from that source of nourishment. Exhale anything that could prevent you from receiving it. You may want to specify what you wish to be given, such as



courage, validation, acceptance, affection, protection and support or anything else that comes to your mind. As you breathe out, let go of any negative emotions that you are willing to release. Now keep breathing in all the energies and breathing out whatever you are inspired to release. Focus on your breath and continue breathing in all the positive energies and breathing out whatever you are ready to release.

Now inhale from both sources, and with each breath feel the two streams of nourishment flow throughout your body, bringing about the balance you need between the Yin and Yang forces of the earth and sun. Stay connected in this way, breathing in whatever you are being given. This unification with the Tree, energises, revitalises and heals you.

(Pause for a while)

You can return to the Tree at any time to seek guidance, nourishment and healing.

### The LiberatingTouch® Processes Reveal:

1. All Wisdom (emerging from Truth) is within you.
2. This Wisdom can be accessed using inquiry, your breath, hands, and nature.
3. Once you discover this Wisdom, you can use the knowing this brings, to create harmony and balance, in health, wealth, relationships, i.e. ALL areas of your life.
4. The purpose of connecting to this Wisdom is to realise the SELF, and become aware of its Omnipresence, Omniscience and Omnipotence.

*“Self-Realisation is the sweetest thing. It shows us we’re fully responsible for ourselves, and that is where we find freedom.” – Byron Katie*

### If you would like to learn more do join our Heart of Understanding – 8 Day LiberatingTouch® Class

Together, we will explore, experiment, witness demonstrations and learn practical ways to heal the mind and Liberate the Heart from fear and attachment. The only prerequisite for attending is foundational knowledge of EFT & *LiberatingTouch*; this will help you prepare for the intense journey of Self-discovery. More Information is available at:

<http://emotionalhealthcentre.com/lworkshops.html>

